My Food Choices

TEACH TAGS RESOURCES

Choose, circle and say.







Lesson Ideas for “My Food Choices”

Prepare

Allow 6–8 minutes. Give each child page 1 and a pencil. Use after milk, chocolate, pears and the I like / I don’t like pattern have been taught. Explain the two face symbols with examples and gestures: smiling means I like; the other face means I don’t like.

Make a choice

Point to the food in the first row and name it. Children circle one face to show their own preference, then repeat for the other rows. They may leave a row blank if unsure or unfamiliar with a food. There are no right or wrong preferences.

Share kindly

Model “I like milk” or “I don’t like milk” to match your own example choice. Invite children to point to a circled face and say their sentence with support. Partners listen to each other’s choices. Do not ask children to justify a preference or try a food.

Answer guide

Rows, top to bottom: milk, chocolate, pears. In every row the left face means I like and the right face means I don’t like. Answers vary. Check that the spoken sentence matches the selected face; do not assess which food the child chooses.

Speaking support

Target vocabulary: milk, chocolate, pears. Target language: “I like …” / “I don’t like …”. Supply the sentence starter and let children add the food word. They may point while you model the full sentence. No independent reading or writing is required.

Another way

Place a counter on the chosen face instead of circling. Practise just one row first. A child who does not want to share personal preferences may make choices for an imaginary character and speak in that role. This is a language activity, not a nutrition or health judgement.